

Academic Habits Self-Evaluation

**ASSESS YOURSELF IN EACH CLASS
USING THIS SCALE:**

1 = ALWAYS

2 = USUALLY

3 = SOMETIMES

4 = RARELY

5 = NEVER

ACADEMIC HABITS	1*	2*	3*	4*	5*	6*	7*	Total
1. I ask for help if I do not understand something.								
2. I bring <i>all</i> the necessary supplies.								
3. I bring my textbook.								
4. I check my work before I turn it in to make sure it satisfies all the requirements and is my "best work."								
5. I come to class on time.								
6. I complete all homework.								
7. I have a dedicated place where I do my homework.								
8. I keep my student ID card with me at all times.								
9. I keep old assignments, quizzes, and tests until the semester ends (to review and to prove my grades).								
10. I keep track of my standing in each class.								
11. I listen to what the teacher and other students say.								
12. I organize all notes and materials in a binder with section dividers that are labeled.								
13. I participate in full-class discussions.								
14. I participate in small-group discussions.								
15. I read all the directions before taking tests or doing assignments.								
16. I review my tests/assignments after I get them back.								
17. I set aside specific time for doing homework.								
18. I set goals and make plans to help me achieve them.								
19. I study before all quizzes and exams.								
20. I take notes during lectures, discussions, or videos.								
21. I take notes when I read the assigned readings.								
22. I use a planner to keep track of events/assignments.								
23. I use specific strategies and aids to understand and remember information.								
24. I use specific strategies to help me do my work well and focus my attention.								
25. I write down the homework assignments.								

Grand Total _____

Estimated (current) letter grade in this class _____

1. In _____ (favorite/strongest class) my teacher would say I am:

1. _____ 2. _____ 3. _____

2. In _____ (least favorite/hardest class) my teacher would say I am:

1. _____ 2. _____ 3. _____

3. Reflective Essay

Using the information (your scores) and words from above, write a 1–2 page reflection on the type of student you are and would like to be. Discuss those things you do well and those areas you need to improve to become an even better student. Be sure to provide examples and discuss them as they relate to the ideas in your paper.